WHAT IS CLAIMED IS:

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1. A method for manufacturing a semiconductor optical device comprising:

step for forming an epitaxial growth layer containing at least an active layer which can emit light, using a III-V group semiconductor material;

step for forming an insulation layer over the epitaxial growth layer, which can prevent the V group element from escaping during heat treatment;

step for applying heat treatment to the epitaxial growth layer at a temperature of 800 degree-C or more;

step for removing the insulation layer.

- 2. The method for manufacturing a semiconductor optical device according to Claim 1 comprising:
- step for performing PL measurement after the heat treatment step.
 - 3. A semiconductor optical device comprising:

an epitaxial growth layer formed of a III-V group semiconductor material, containing at least an active layer which can emit light;

wherein the composition of the epitaxial growth layer is changing continuously near the interface.

4. The semiconductor optical device according to Claim 3, wherein a photoluminescence wavelength is blue-shifted, as compared to a semiconductor optical device which has an

active layer with the same composition as said active layer and an epitaxial growth layer whose composition is changed stepwise near the interface.

- 5. The semiconductor optical device according to Claim 4, wherein the photoluminescence wavelength is blue-shifted by 20 meV or more.
- 6. The semiconductor optical device according to Claim 3, wherein distortion between the epitaxial growth layers is more eased, as compared to a semiconductor optical device which has an active layer with the same composition as said active layer and an epitaxial growth layer whose composition is changed stepwise near the interface.

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